ENJOY
THE SUN
INDOORS

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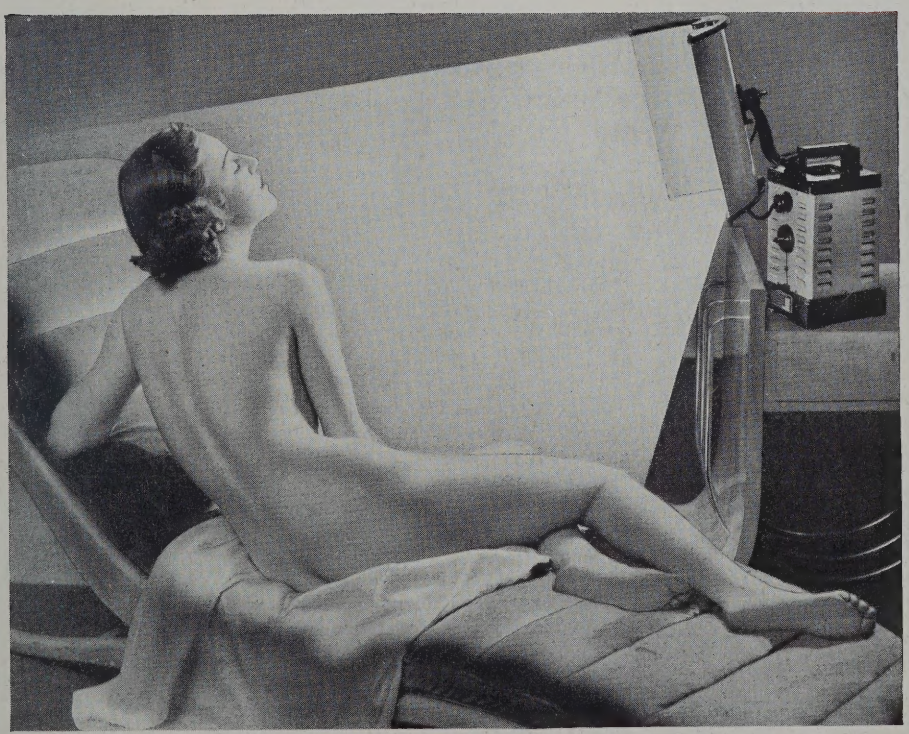
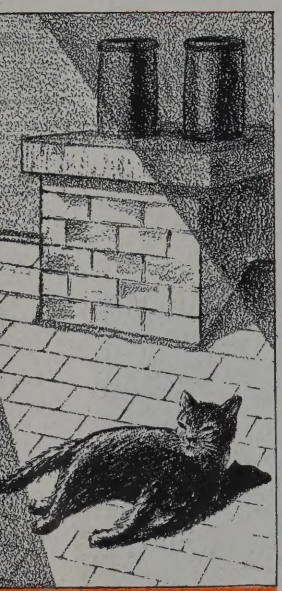
ENJOY THE SUN *INDOORS* with the HOMESUN



Sunshine — Source of all energy!

Everybody knows how health and abounding fitness come after a summer holiday, when the skin is tanned. In such condition we realize genuine health; living becomes a sheer delight, every sense and faculty is alert and the body tireless. For most of us this is a rare and infrequent state. Yet there is no reason why we should not realize it all the year round.

Primitive man instinctively worshipped the sun as the giver of life and health. To-day, modern science has given us an understanding of its workings. This was first due to Nils Finsen, the Copenhagen physician who neglected his medical studies in order to investigate sunshine. One day in 1885 he was watching a cat basking in the sunshine on a roof. The shadow of the house was moving round with the sun, and Finsen noticed that when the shadow touched it, the cat edged into the sun again . . . and again. Like Newton with the apple, Finsen began thinking . . . and experimenting. Less than ten years later he was curing "incurable" diseases with sunshine.



cat edges into the sun and arts a scientist thinking.

Sunshine and health

When a plant is grown in darkness it becomes bleached, flaccid, etiolated, and will not flower. When the skin is not exposed to sunshine it becomes white, flabby, and sluggish; and no human body can be healthy inside such an integument.

When a photographic film is exposed to light for the correct time and then developed, it darkens.

Children revel in healthful sunshine.

In the sun cripples are nursed back to health.

(Courtesy of Lord Mayor Treloar's Homes, Alton)

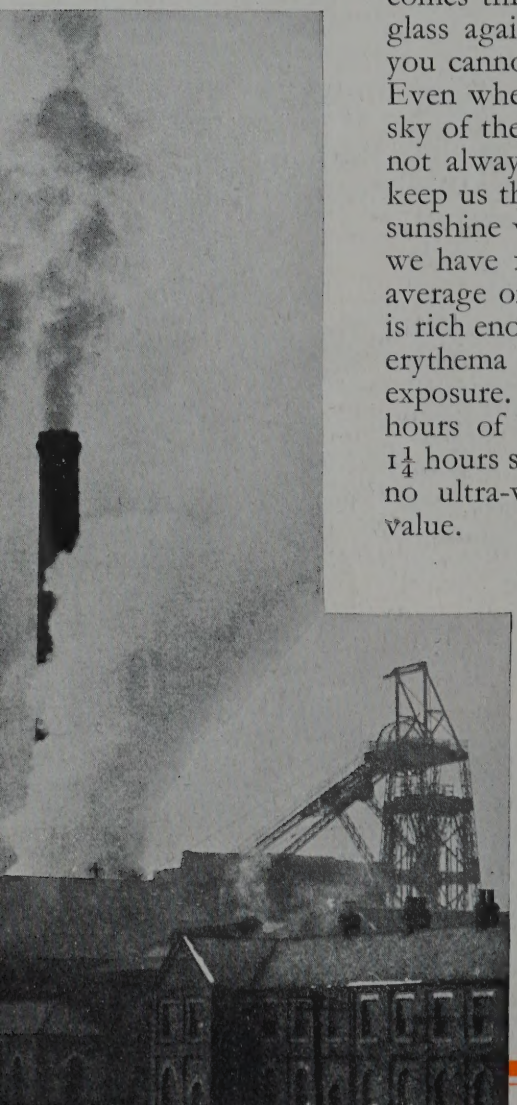
If over-exposed it may turn completely black and spoil the picture. When the skin is exposed to sunshine for the correct time it also changes colour, after being "developed" by substances which are supplied by the blood. With British midsummer sunshine, the "exposure" may need 20 to 30 minutes, the "development" time is four to eight hours, and the result is a pink flush on the skin, which will faithfully reproduce the pattern of a bathing costume. Doctors call this flush an "erythema" ; it is the first stage in getting tanned.

When the green leaf absorbs sun rays it makes chlorophyll, the life blood of the plant. When the human skin absorbs sunshine, it turns the irradiated energy into vitamins, into power to assimilate iron and lime and phosphorus, into fresh millions of white cells which devour invading bacteria, into new supplies of energy to worn cells and tired nerves. Sunshine contains three different things: heat which warms us, light which gives us beauty and colour, and ultra-violet rays which give us health. It is now known that the benefits of sunshine are due mainly to the ultra-violet rays. It is these rays which tan the skin and make it brown and vigorous, firm and elastic. And when the skin is tanned the body is toned. The blood and lymph which circulate through the capillaries in the skin carry health to every inner organ, and the whole system is fortified to withstand heat and cold, resistant to infection, resilient to fatigue.

In the sunshine we find our highest well-being.

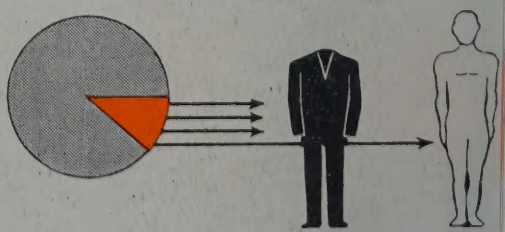
What is Sun-starvation?

It is, then, the ultra-violet rays which give us health, energy, vigour. These ultra-violet rays activate all the functions of the body. Unfortunately, man has in large measure lost his birthright owing to the development of civilization. We live under a canopy of air which is polluted with dust and smoke, mist and fog. Even on the clearest summer day, when the sun's light dazzles our eyes and we can hardly bear its heat, most of its ultra-violet rays do not penetrate to the streets of our cities; they are absorbed by the haze overhead. Again, we wear clothes which cover nine-tenths of our bodies from these healthful rays, and spend four-fifths of the daylight hours working in offices, factories and houses where the only sunshine comes through window glass, and window glass again absorbs these ultra-violet rays; you cannot get tanned inside a greenhouse. Even when living outdoors under the clean sky of the mountain or the seashore, we do not always get enough ultra-violet rays to keep us thoroughly healthy. The amount of sunshine varies with the season. In summer we have 16½ hours of daylight and a daily average of 7 hours sun. At high noon this is rich enough in ultra-violet rays to give an erythema on the skin in 20 to 30 minutes exposure. In December we have only 7½ hours of daylight, and a daily average of 1¼ hours sunshine which contains practically no ultra-violet and has very little health value.



We live under a canopy of smoke and dust.

(Courtesy of "The Northern Echo," Darlington.)



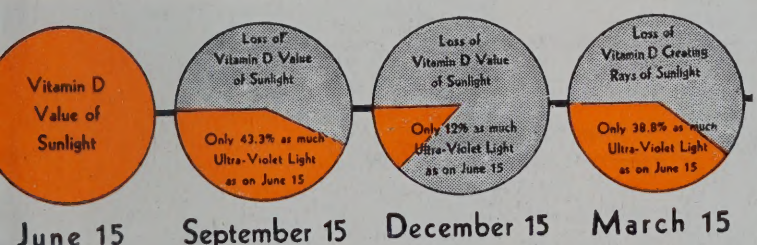
Your clothes screen the ultra-violet rays from 90 per cent. of your body surface.

The whole of nature shows the effects of sun-starvation during the winter. Trees shed their leaves and the sap runs back; insects die off and animals hibernate. Yet man carries on through months of darkness, living on his reserves, but unavoidably getting "run-down" in the process. After the new year the effects of sun-starvation become obvious; the death-rate rises to a peak 40 per cent. over its summer figures, the amount of sickness and absence from work is nearly doubled, and even those who keep "healthy" have far less than their summer energy.

Science to the Rescue

When doctors discovered the importance of ultra-violet rays, they soon realized that sunshine was too variable and uncertain for constant use. They needed lamps which would generate these valuable rays in constant amount and whenever wanted. Such a lamp was first invented by Hanovia scientists in 1906. It consisted of an electric arc, generated from mercury electrodes inside a sealed tube of fused crystal quartz, a very transparent and highly resistant mineral. This apparatus, the Alpine Sun lamp, is the standard ultra-violet lamp in medical use to-day. Hanovia have specialized in designing and manufacturing ultra-violet lamps exclusively for over 30 years, and have furnished over 90 per cent. of all ultra-violet quartz lamps now in use.

In 1927, on the suggestion of medical men, Hanovia scientists designed the "Homesun,"


Vitamin D Value of Sunlight
Loss of Vitamin D Value of Sunlight
Only 43.3% as much Ultra-Violet Light as on June 15
Loss of Vitamin D Value of Sunlight
Only 12% as much Ultra-Violet Light as on June 15
Loss of Vitamin D Grating Rays of Sunlight
Only 38.8% as much Ultra-Violet Light as on June 15
June 15
September 15
December 15
March 15

Even brilliant sunshine, from clean skies, contains very little ultra-violet at some seasons.

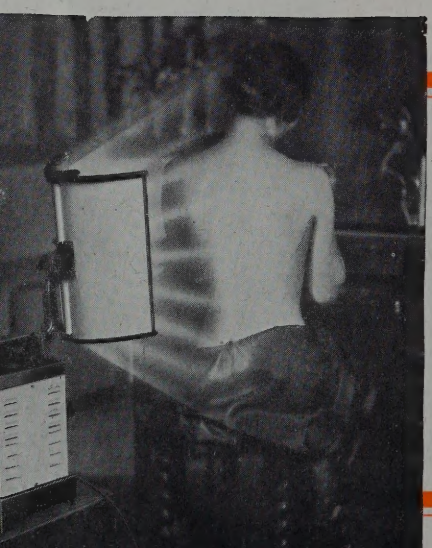
Under the best conditions, town workers are deprived of vitalizing sunrays.

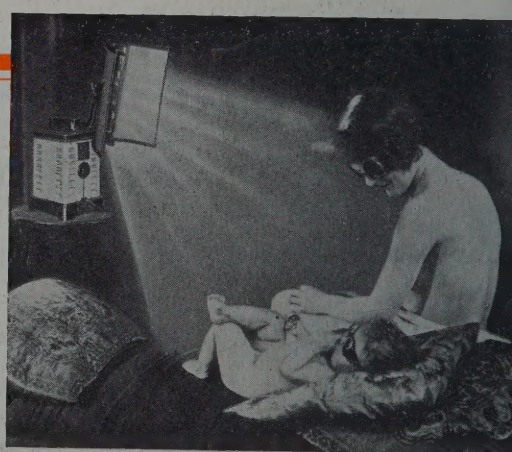
a smaller lamp especially for home use. Whilst great improvements have since been made, making the lamp much simpler to use and more effective in operation, it remains the same in principle. With such a lamp—safe, simple to operate, and adapted for any kind of electric supply—sun-starvation and its dangers can be banished from any home.

Mothers

For a mother, both before and after her baby is born, indoor sunbaths are invaluable. There is an old proverb "Each child costs a tooth." It means that the mother's body is deprived of lime and phosphorus to form the growing life. The dropped arches, flabby figure, and loss of hair which often follow childbirth are largely due to this cause. Ultra-violet rays have a specific action in restoring these essential substances to the blood. Regular indoor sunbaths prevent the depression and morning sickness which often make the expectant time such misery. They keep the muscles in good tone, and forward the development of the new life, so that the child has a good chance to start life healthy with a healthy mother.

After birth, indoor sunbaths assist the mother to nurse her baby. In many clinics of the British Public Health service, where maternity and child welfare work is done in a scientific way, it has even been found that ultra-violet rays have restored breast milk after the supply had failed. The mother who has plenty of ultra-violet can thus give her baby the finest start in life without sacrificing her own youth and health. Regular indoor sunbaths will absolutely safeguard the infant against rickets, promote the





"Homesun" indoor sunbaths keep the mother healthy and give children a fine start in life.

development of firm bones and good teeth, and give good resistance to illness.

Indoor Workers

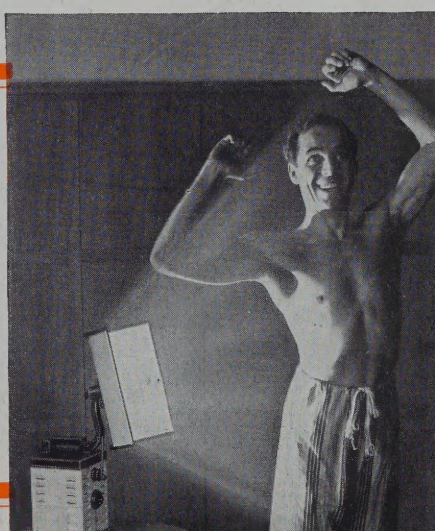
The stress of modern business with its long hours, cooped-up conditions and nervous strain, plays havoc with the constitutions of indoor workers. The annual holiday acts as a temporary restorative, but to invest in a "Homesun" lamp provides the benefits of sunshine at all times. The ultra-violet sunbaths relieve the feeling of strain and exhaustion and restore energy and vigour. They take only a few minutes, which are easily fitted into the most strenuous day.

Many large firms have installed Hanovia lamps for their workers. One doctor writes: "In a large firm employing about 1,500 people, I found that the ultra-violet lamp room was perhaps the most valuable section of the medical department. It was a powerful physical tonic. It revitalized the town office worker. It reduced absenteeism."

Athletes

Athletes, when overdriven, go "stale" or overtrained. This is simply the result of putting out more energy than can be restored. Training centres overcome this trouble by providing Hanovia sunlamps for their teams. Regular indoor sunbaths are now part of the strict routine for most of the professional football teams. They not only ward off staleness; they will even increase the vital capacity of men who are already fit. Sunderland, Preston North End (Cup Finalists in 1937), Chelsea, West Ham, Leicester City, York City and Glasgow Rangers are among many famous clubs who use Hanovia lamps in their training.

Jack Petersen, famous boxer, keeps fit with the "Homesun."



An indoor sunbath makes the best start for a business day.

Children

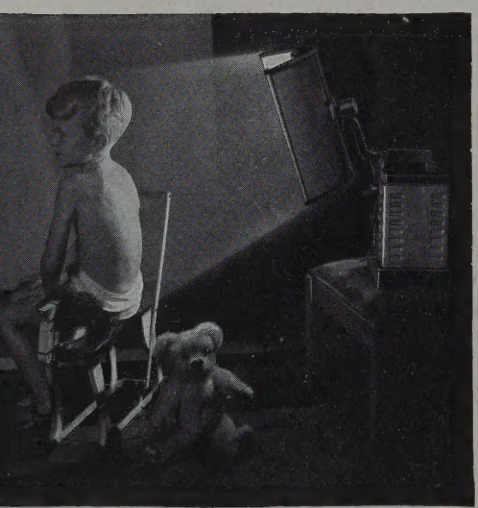
Growing children have their own problems to face. On one hand physical development, rapid growth, adolescent changes, etc. ; on the other, mental burdens, study, continual adjustment to environment, the formation of mind and character, exposure to nervous strain and mass infections at school. During these critical years, regular Homesun baths promote both physical growth and mental development. To dull and backward children, they restore brightness and the capacity to join readily with others in work or play. Indoor sunbaths with Hanovia lamps are now provided at the official School Clinics in over 200 towns of Britain.

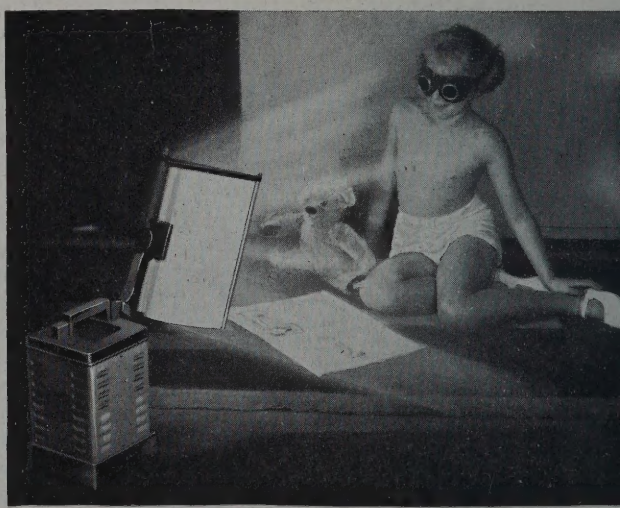
Sunbaths for the Unfit

In illness, always seek qualified medical advice. Diagnosis and treatment are matters with which only doctors are competent to deal; self-medication is always unwise. The Homesun is not supplied for the treatment of disease. There are, however, states such as loss of energy, slight "rheumatic" pains, catarrh, and so forth, which are often manifestations of loss of tone due to sun-starvation. In such instances, a course of light baths with the Homesun, combined with rational living in other respects, will frequently tone up the system so that the troublesome symptoms disappear of themselves. During convalescence, indoor sunbaths speed up recovery and restore strength.

Medical Endorsement

The Homesun was first manufactured at the specific suggestion of a famous medical man whose recommendation is endorsed by the authorities quoted opposite.





What health experts advise :—

"Science has found a way of reproducing the vital ultra-violet rays which come from the sun and are so necessary to our physical well-being, and there is no reason why they should not be enjoyed at all times by all. We all know the wonderfully beneficial effects of a holiday in the sun. But how many people realise that we can holiday in the sun all the year round without affecting our workaday life. Seven minutes a day under the rays of the new lamp is equivalent of a day's ration of sunshine. I have had a lamp of my own for many years and would not be without it for anything."

SIR BRUCE BRUCE-PORTER, K.B.E., C.M.G., M.D.

"The use of a home sun lamp is beneficial, chiefly because the body thus regains a form of natural energy of which modern conditions have deprived it. It thus becomes 'normalized' in its working; and the effects are seen not only on the skin but in better appetite, sounder sleep, steadier nerves and greater endurance."

"*Health for Everyman*" by R. COVE-SMITH, M.A., M.R.C.S., L.R.C.P., D.P.H.

"I strongly advocate during the winter months the use of one of the excellent artificial sunlight lamps now on the market."

SIR W. ARBUTHNOT LANE, Bt., C.B., F.R.C.S., M.B.
(*President of the New Health Society*)

"As a preventive measure, facilities for sunbathing in the summer and artificial sunbathing in the winter should, in my view, be made just as available to all as is a pure water supply."

SIR LEONARD HILL, M.B., F.R.S.
(*late Investigator to the Medical Research Council*)

"Never again would I be without such a lamp—at least in England."

C. W. SALEEBY, M.D.
(*President of the Sunlight League*)

"Energy—the energy of health—can be absorbed from sunlight, and even in the healthiest there is a constant tendency to lose energy, or to use it up; this energy must be replaced by sunlight."

F. HOWARD HUMPHRIS, M.D., F.R.C.P.(ED.), D.M.R. & E. etc.

"Sunlight, natural and artificial, adds to our powers to resist infectious diseases. Most of us are apt to suffer from want of sunshine before the winter is over, and would derive considerable benefit from regular weekly sunbathing, even although we have nothing definitely wrong with us."

ROBERT FORGAN, M.C., M.D., M.A.

"Personally, I consider the ideal method is to give the body a consistent sun ration throughout the year. . . . There is to-day no need to go sun-starved. Modern science has discovered how to harness these life-giving rays of the sun so that they may be poured forth from a mercury vapour electric lamp."

SIR HERBERT BARKER.

Medical men prescribe sunbaths with Hanovia lamps for their patients.

Some questions answered

Q *What is sun-starvation? What causes it?*

A Shortage of ultra-violet energy. It has three causes—environment, necessity and custom. The first means our towns, where the air is so polluted with smoke, dust and fog that ultra-violet rays cannot penetrate. Necessity makes us work indoors in houses, offices and factories where the sun does not enter. Custom makes us cover most of our bodies in heavy clothing. The result is sun-starvation for most people most of the time.

Q *What are the signs of sun-starvation?*

A Outward signs are pale or sallow skin (not the face only but the whole body). Inwardly, lack of energy, loss of "tone," low resistance to infection, and other manifestations of poor health.

Q *What are ultra-violet rays?*

A Invisible "actinic" rays of high energy, found in sunshine when the sun is high and the air clear. They are not found in winter sunlight and do not pass through window glass, fog or smoke. Certain of the ultra-violet rays (i.e., those with wave-length shorter than 3,200 Angstrom Units) are found to be specially beneficial as energizers.

Q *How do these rays benefit us?*

A In many ways. First, they tan the skin and help to bring it into thoroughly healthy condition. They activate Vitamin D, which is essential in forming strong bones and sound teeth. Their energy is absorbed by the blood, which they remineralize and enrich with new white blood-cells. They also act directly on the nerves, and indirectly on the digestion, metabolism, gland secretion, and other functions. They destroy germs and build up the body's power to resist germ-invasion. The result is a renewal of energy to the system; better appetite, deeper sleep, a brighter outlook and greater mental activity, and fresh enjoyment in living.

Q *Do sunlamps give these same benefits?*

A Yes, provided that they produce the correct radiations in the right strength. The easiest test is the mild pink glow on the skin, just perceptible 24 hours after exposure. It is not necessary to obtain this sun-flush at each exposure, but it is essential that the lamp should give those rays which produce it.

Q *Does the Homesun give these beneficial rays?*

A The vitamin-activating rays of sunshine are now accurately measured in units of electrical energy (micro-watts per cm^2). The measurement for mid-summer sunshine with clear air is 53 micro-watts, and an exposure of the skin for 25 minutes gives the characteristic pink flush of a healthy reaction. With the Homesun, measured at 36 inches distance, these rays have an intensity of 260 micro-watts. Frequent chemical and biological measurements have also

been made and all prove that the Homesun gives more of these vitalizing rays than sunshine at its best.

Q *How do you sunbathe with the Homesun?*

A Have your room comfortably warm. Connect the lamp to an electric socket (or pendant) of the correct voltage. Adjust it on a table so that the arc tube will be 3 feet from your chest or back when you sit. A good way is to have the arc tube facing your electric stove at 7 feet distance and to put a stool or chair mid-way between. Switch on the lamp and have it running while you undress to the waist; this gives the lamp 5 minutes to reach its full intensity. Do not look at the arc until you have put on the goggles which are provided. Keep a clock handy or use the special Hanovia timer. Then sit on the stool for 5 minutes facing the arc; turn round and take another 5 minutes on your back; switch off.

Q *Why must goggles be worn?*

A Ultra-violet rays, especially when they enter the eye from below, cause a delayed inflammation. Mountaineers and Arctic explorers call this "snow-blindness." It does not injure the sight, but can be painful while it lasts. Any so-called "sunlamp" which necessitated no goggles could give no more than a negligible amount of health rays. With the Homesun, either goggles must be worn or the eyes must be kept tightly closed.

Q *How often should home sunbaths be taken?*

A The exposure already mentioned is equivalent to exposing the skin, on a seashore in midsummer, to midday sunshine for thirty minutes on each side of the body. That same exposure, repeated two or three times a week, is quite sufficient for health. A sunbath could be taken each day if preferred, but then exposures should be shorter.

Q *Do longer exposures give more benefit?*

A That is like asking if larger meals would make you more healthy. It is possible to increase exposures *gradually* up to long periods, but they will only put more tan on to the skin, not more health into the body.

Q *Does everybody need the same exposure?*

A No. Exposures vary according to constitution. Fair-skinned people need less, and red-haired people require very short exposures. Deep brunettes, on the other hand, would require somewhat longer than the times given.

Q *Does this lamp cause radio interference?*

A None whatever. The Post Office Research Station have made special tests and their report, dated October 14th, 1936, states that the Homesun causes no interference with wireless reception.

Q *Is the Homesun perfectly safe?*

A Used with commonsense, it is just as safe as sunshine, and even more beneficial, because it is available whenever it is needed.

The best sunlamp

Like a motor-car or radio set, the "Homesun" is very complex to make but very easy to run. The user has only to connect the handy plug-adaptor to any electrical outlet (pendant or socket) of the right supply, turn the switch, and touch the starting button. The arc reaches its full intensity in five minutes and is then ready for use as long as required. When the sunbath is finished and the lamp extinguished, it is simply put away till next time. Except to clean the outside of the tube with a cloth from time to time, the user need give it no attention. Those who remember antiquated types of sunlamps, some of which needed several tilts before they would start, whilst others required constant renewing of sooty and costly carbons, will appreciate the simplicity and economy of the new "Homesun."

The combination of solid activated electrodes with the high-pressure mercury vapour arc and the fused crystal quartz tube, hand-made by craftsmen to precise dimensions, is covered by many exclusive patents. The electrical circuit controls are differently constructed for A.C. and D.C. mains as required, since this gives the greatest efficiency without needless waste of current. Every single component is of the best material and highest finish that can be obtained, and the assembly and testing is carried out by skilled men; no female or juvenile labour is involved. Due to these exclusive features, the "Homesun" is the most efficient small ultra-violet lamp that science can devise; it is surpassed only by certain Hanovia sunlamps of larger sizes.

Running Costs

The "Homesun" costs almost nothing to run. An indoor sunbath lasts a quarter of an hour in all (including five minutes for starting the lamp and getting it run in to full power). During this time it burns 1/16th of a unit of electricity. If it is used by a family of four persons, each taking 120 sunbaths during a year, it will add only 30 units

The "Homesun" Alumilite reflector gives good dispersion of the healthful rays over the user's body.

that can be made

to the annual electricity bill. At the all-in rate of $\frac{5}{8}$d. per unit, this means less than two shillings for current, for four people, for a whole year!

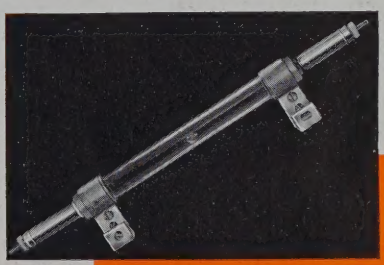
The arc tube has a normal "mileage" of about 1,000 hours; some "Homesun" tubes even give much longer periods. With the amount of use described, the arc tube is good for over five years' use; only after that time will it need renewal. For an outlay of £5 10s. 0d. (or slightly more overseas), it will then give a further five years' full use on the same scale.

Regarding the "Homesun" as a health insurance, it will be seen that the annual premium is decidedly moderate!

A brief description

A self-starting **mercury arc,** operating at high pressure in a **fused crystal quartz tube,** generates tonic ultra-violet rays. An ***Alumilite reflector,** size 13$\frac{1}{4}$ ins. × 9$\frac{3}{4}$ ins., which is mounted by an angle-adjusting **bracket arm** on the **electrical control unit,** distributes these rays correctly for individual use at proper distance. The lamp starts immediately on its **rotary switch** and **push button.** It is correctly adjusted and tested for the user's circuit before despatch. Being fitted with 10 ft. of **earthed cable,** and a universal **plug adaptor,** it is easily operated from any electrical outlet. Having ample insulation with facilities for earthing, and a low load, it is **perfectly safe.** It weighs 21 lbs., and stands 24 ins. high on a base 6$\frac{1}{2}$ ins. square. The sleek, clean design, enhanced by the **beautiful finish** in cream ivory, with mahogany bakelite fittings, is an adornment in any surroundings.

The high-pressure arc of the "Homesun" lights immediately at one touch of the starting button.



The unique efficiency of the "Homesun" is due to its arc tube of fused crystal quartz.

**"Alumilite" is a special electrolytic finish on highest grade aluminium; permanent, non-tarnishable, and scratch-proof (its surface hardness is greater than chromium). On the "Homesun" reflector, it ensures even diffusion and high reflective power for ultra-violet radiation, more so than a conventional bright or plated reflector.*

A personal word

In his recent broadcast opening the National Fitness Campaign, the Prime Minister reminded us that "health means a great deal more than wealth; it means that sense of power which is in itself an active enjoyment."

National fitness depends on individual fitness. For you, it becomes a question of knowing how to maintain, or possibly to regain, real health. In his book "Health for Everyman" (2/6), which was issued at the same time and personally approved by the Minister of Health, and which everyone should read, Dr. R. Cove-Smith says, "The townsman and indoor worker, compelled to spend most of the sunlight hours indoors, can prevent sun-starvation and its consequences by investing in a sunlamp. . . . The body thus regains a form of natural energy of which modern conditions have deprived it. . . . The effects are seen not only on the skin, but in better appetite, sounder sleep, steadier nerves, and greater endurance."

We are qualified to give expert advice on sunlamps. For 32 years our organisation has carried out pioneer research, developed original patents, and specialized in making sunlamps. To-day we have world-wide connections, and several hundred thousand Hanovia sunlamps are in daily use by hospitals, medical practitioners, scientists and health-seekers throughout the world. Our business experience has convinced us that our own interests are best served by safeguarding our users' interests first. We therefore strive to provide our users with equipment which is as good as we can make it, which thoroughly fills their requirements and which will give them continuous satisfaction.

You consider it natural, so far as your means allow, to purchase radio sets, vacuum cleaners, refrigerators, and other appliances which add to the comfort of your home. It is far more important to invest in a "Homesun," for the health which it gives is worth far more than mere comfort. You pay annual premiums to insure against sickness and accident; for a moderate premium, which you pay once only, the "Homesun" gives you a permanent insurance in health. You pay fairly heavily for seaside holidays and ocean cruises which give you the benefits of sunshine in a fleeting measure; for a smaller sum you can enjoy these benefits in your home, in a way which will give you lasting fitness and enjoyment in life. We believe that you cannot make a better investment, at its price, than in the "Homesun" Lamp.

The "Homesun" is not a "cure-all"; it was never made or advertised for the self-treatment of any disease; curing disease must always be the province of the qualified medical practitioner. In the words of the Prime Minister, "health is something much more positive than freedom from disease." We first made the "Homesun" in the belief that it filled a real need. Thousands of satisfied users have given a very practical affirmation of this belief; some of their remarks are quoted opposite.

HANOVIA LTD.

HANOVIA TRADE MARK

What "Homesun" Users say :-

(Brief extracts from hundreds of spontaneous letters received)

A salesman :—"I am usually away all the week on business, and when I return on Friday evening, after a long day at the wheel of the car, I find the lamp **a wonderful tonic for the nerves and a great help towards restful sleep.** I have not had a cold since I had the lamp."

R.H.S., Wigan :—"Neither my wife nor myself, including my two small daughters, have suffered any ill-health this winter."

D.M.J.D., Brighton :—"It is marvellous for clearing up one's mental outlook and making one feel **alert and energetic.**"

A hotel proprietor :—"Your Homesun lamp has **never given me a minute's trouble** for four or five years."

A mother :—"It has been the means of building up my little girl 8½ years old into the **strongest and healthiest child you could ever wish to meet ;** she had nearly left us after suffering from bronchitis, pleurisy, pneumonia and mastoid together."

Mr. C. S. S. :—"I have been using my Homesun for about 18 months, it is in good order and is working perfectly, and **has given me the utmost satisfaction.**"

Mr. F. B. :—"I find the Homesun lamp most effective in keeping fit. It is, in my opinion, **a necessity in this climate.**"

Mr. F. B. H. :—"I have found the lamp an excellent tonic, **better in fact than sun-bathing out of doors,** when the heat of the sun is often too enervating."

An electrical engineer :—"The finish and appearance is all that can be desired . . . I was also favourably impressed by the lack of interference with nearby wireless receivers."

A rector :—"I have derived **the greatest benefit in many ways** and am generally much stronger."

A lady doctor :—"I used the lamp all last winter and **found it of great value, both in general tonic action and in the complete prevention of colds.** I give a sunbath to my two children every evening before their bath."

A solicitor :—"Sooner or later, people will look on a lamp of this kind as **a necessary household adjunct.**"

A company director :—"I am able to attack my work with **an energy I have not felt for a long time.**"

A bank manager :—"I cannot tell you the good the lamp has done me, **I feel a different man** and cannot realize that I shall be 55 next December."

A clerk :—"I have never experienced looking so **fit and bronzed through the winter** before."

A B.B.C. engineer :—"Accept a word or two of praise for so **excellent a piece of apparatus.** The benefits are very gratifying."

An athlete :—"**Derived great benefit** from your lamp while training for the Olympic Games."

A business man :—"My chief problem as an overworked business man is exercise during the winter. I find that regular use of the lamp has a remarkable tonic effect and **keeps me in excellent trim.**"

A mother :—"I am **more than pleased** with the lamp, it has the most wonderful effect on my small son."

A restaurateur : — "I have **never had better health** in my life."

An advertising agent :— **"One of the best investments I have made."**

The "HOMESUN"

All - British.
Fully guaranteed.
Made by experts of 32 years' standing.
The standard lamp for indoor sunbaths.

Brief details:

SIZE : Base 6½ ins. square ; height 24 ins. ; weight 21 lbs.

MODELS : On its specified electric supply, the "Homesun" will operate from any plug or pendant with a 6 ampere fuse in circuit. Different models are supplied for :—

Alternating current circuits, 200-260 volts
(or for alternating current circuits, 100-200 volts, by adding an auxiliary transformer at slight extra cost ; see Order Form).

Direct current circuits, 200-260 volts.

Consumption of A.C. lamps, 240—260 *watts*
„ *D.C. lamps,* 400—500 *watts*

PRICE : For the complete "Homesun," ready for use, free delivered in Great Britain (free to English railhead for Ireland), insured against transit breakage, fully guaranteed for 12 months ; A.C. or D.C. model. £18

(H.P. Terms : £2 deposit ; 17 monthly payments of £1 each)

8 REASONS

why you need the "Homesun"

SUN-STARVATION—You cannot get sufficient natural sunshine under modern conditions.

VITALITY — The "Homesun" restores energy, vigour, the joy of living.

HEALTH—Its ultra-violet rays produce the glow and tan of outdoor life.

ENDURANCE—Indoor sunbaths promote sound sleep, steady nerves, healthy appetite, staying power.

RESISTANCE—Regular use fortifies against colds, influenza, rheumatism and infections.

VITAMINS — Sunbaths create potent Vitamin D which forms sturdy bones and teeth.

TONIC—Vitalises backward children, convalescents, expectant and nursing mothers.

INVESTMENT — Health is your greatest asset ; the "Homesun" will safeguard it for a lifetime.